

A STUDY OF SCHOOL GOING BOYS AND GIRLS ON MENTAL HEALTH AND PHYSICAL FITNESS

VIVEK AWASARE

Principal, shri N. T. College of physical education,
Nagpur (MS)

Abstract:

The purpose of the study was to examine mental health and physical fitness of urban students. A total of 150 samples in which 75 boys and 75 girls from urban area, selected from different area's from Nagpur District, Maharashtra State only. The age of the samples ranged from 13-18 years and all the samples selected from school going students. To find out the above objectives of study the following statistical tools were used i-e mean, standard deviation, t-test, F-test, and ANOVA. As a result of the above analysis it was found that there is a significant difference on mental health according to their fitness level.

KEYWORDS:-

Mental Health, Physical Fitness, Sports Psychology.

INTRODUCTION:

Sports Psychology is upcoming and up growing branch of the Psychology now a days. Sports psychology is a soul of Physical Education. Sports Psychology is the scientific study of people and their behaviors in sports. Modern day sports are very demanding .It requires for the sportsmen and athletes alike to perform to the very best of their abilities and beyond. The team includes supporters, trainers and sports doctors among others, who are all doing their bit in ensuring that athletes performs in competitions.at the height o the mental. Physical and emotional abilities that he or she is capable of in all of this, one area of psychology has an important part to play and that is sports psychology.

Sports Psychology is concerned with preparing the athlete or teams to be able to hand the high emotional stress levels that come with participating in sports competitions. Psychologists and Sports Trainers can work in tandem to enhance the performance levels of the athlete. The coach can give appropriate information about the particular athlete to the psychologists, who will then be able to derive the psychological and behavioral patterns of the athlete before an event.

With the help of this mental picture as well the characteristics mental attitude of the athlete, the coach will be able to set up the most effective training schedule that will bring out the best in all of the athletes capabilities. Thus sports trainers can use psychology and help their charges better and get the best performance out of them, in modern competitive sports, psychological preparation of a team is important as teaching them the different skills of a game with scientific methods.

The term fitness has been gaining more important now with the people realizing its effect on the daily life. To improve physical fitness the systems of the body like the muscular strength and cardio respiratory must be stressed. To increase the muscular endurance the muscles must be longer duration than normal such as performing a higher number of exercise repetitions. Muscular endurance is one of the components of fitness which plays a key role in effecting the performance of athletes. To achieve success one has to perform the action repeatedly delaying fatigue. If you stop performing endurance exercise you will loose muscular endurance relatively.Hence athletes plan their schedule to enhance muscular endurance through various exercises regime.

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METHODOLOGY

Participants:

The study was conducted on 150 subjects in which 75 boys and 75 girls belonging to different urban area from Nagpur Districts,(MH); The age group of the sample 13-18 years and all the samples selected on random basis.

Tools:

To asses the mental health and physical fitness of the subjects, mental health inventory prepared by Agashe and Helode were used in the study. For physical fitness, JCR Test was used.

Administration of the test:

For mental health questionnaires were distributed to 75 male and 75 female subjects. This questionnaire was highly reliable and valid for measuring mental health of the subjects. And for physical fitness, three fitness test items namely Chin-ups, Shuttle run and Vertical jump has been selected for measuring the fitness levels of the subjects.

Analysis of data and Discussion:

The data were collected with the help of tools prepared for this purpose and the questionnaires were filled in by the present researcher in his own pressure to avoid manipulations of opinion and other fetes related with the study.

**Table No. 1
Comparison between Urban Girls and Urban Boys on Mental Health**

	Urban Girls (N=75)		Urban-Boys (N=75)		M.D.	t	Level of Significance
	Mean	S.D.	Mean	S.D.			
Total Mh	18.54	4.23	18.20	3.74	.34	.53	.NS

t value at .05=1.98 and .01= 2.61

From table no. 1 reveals that there is no significant difference, the mean of urban girls is 18.54 and urban boys is 18.20. 't' value .53 indicate that both the groups are equal on mental health. Result presented in Table No. 4.13

**Table No. 2
One –Way ANOVA (Boys)**

	CATEGORIES		
	High Fit Boys	Average Fit Boys	Low Fit Boys
Sum	828	1422	753
ms	21.78	19.75	18.82
n=	38	72	40

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ANOVA SUMMARY

Source	ss	df	ms	F
Between Groups	180.333	2	90.167	6.44**
Within Groups	2043.559	147	13.997	
Total	2223.893	149		

Tab $F_{.05} (2,147) = 3.06^*$ and $F_{.01} (2,147) = 4.75^{**}$

From table no 2 found that, there is a significant difference on mental health according to their fitness level so in boys section i.e. F-ratio 6.44 that in boys section there is a significant difference has been found on mental health according to their different fitness levels. In boys section high fitness group are highly mentally fit followed by average fit group. Low fitness group was shown low level of mental health. Therefore, it can be said that high fit group are having high level of mental health but low fit group have shown minimum level of physical fitness.

Table No. 3
One –Way ANOVA (Girls)

	CATEGORIES		
	High Fit Girls	Average Fit Girls	Low Fit Girls
Sum	693	1430	750
ms	18.72	19.33	19.23
n=	37	74	39

ANOVA SUMMARY

Source	ss	df	ms	F
Between Groups	9.386	2	4.69	.333
Within Groups	2092.774	147	14.237	
Total	2102.160	149		

Tab $F_{.05} (2,147) = 3.06^*$

From table no 3 , showed that, there is no significant difference at any level i.e f-ratio .33, so ,In girls section F-ratio .33 has got no significant support at any level. In girls section surprisingly high fit group has shown low mental health and low fit group has shown greater level of mental health.

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CONCLUSIONS:

On the basis of data gathered and statistical interpretation results indicates that:

There was no difference has been found on mental health among urban girls and urban boys.

In boys section, high fit group are having better mental health compared to average fitness group and low fitness group were found very low amount of mental health.

In girls section, no significant difference has been found on mental health among high average and low fitness groups.

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